

Fresh & Chunky Salsa

Ingredients:

- 2 cups chopped tomatoes
- 1/2 cup chopped green or yellow peppers
- 2 green onions, sliced
- 2 tbsp snipped fresh cilantro or parsley
- 1 tbsp white wine vinegar
- 1/2 tsp ground cumin
- 1/2 tsp minced garlic
- Few dashes red hot pepper sauce



Directions:

Stir together all ingredients. Serve with tortilla chips with no added fat. May cover and refrigerate up to 1 week.

Serving size: 1/4 cup

Nutritional Information (per serving)

Calories: 15 Kcal

Protein: 1 g

Carbohydrates: 3 g

Total fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 85 mg

<http://www.applesforhealth.com/HealthyAppetizers/fachs3.html>

Courtesy of American Heart Association